

Adult & Teen Classes

YOGA: HEALTHY HAPPY BACK – BEGINNERS

Learn to create balance with proper breathing, technique in asana, body alignment/posture & restore flexibility. Strengthen the core/back muscles to support the body as a whole with more acute sense of body awareness. A traditional small class giving individual attention to the students. No class April 27 and April 29.

City Gym Room B HelpYourHealth, RoxAnn Madera

4220.201	15yrs to Adult	3/30 - 5/25	7:45am-8:45am	W	\$90
4220.202	15yrs to Adult	4/01 - 5/27	7:45am-8:45am	F	\$90

YOGA: INTERMEDIATE

This class is for the yoga student who has already completed a beginner's course and wants to further develop their skills in body alignment and movement. Never losing sight of the fundamentals but building on them for a stronger practice with the addition of more challenging poses, longer holds and flowing with the breath.

City Gym Room A HelpYourHealth, RoxAnn Madera

4477.201	15yrs to Adult	4/02 - 5/28	11:00am-12:00pm	Sa	\$90
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YOGA: MURDY COMMUNITY CENTER

Beginner & intermediate students welcome. Classes are sequenced to increase flexibility while strengthening the entire body. Breathing & relaxation techniques are incorporated to calm the mind integrating a sense of well being. Avoid eating two hours prior to class and bring a mat and large towel. No class 4/18, 4/20 and 5/30.

Murdy Community Center Hall A King, Jacki

4417.200	16yrs to Adult	4/25 - 5/23	4:45pm-5:45pm	M	\$45
4417.201	16yrs to Adult	4/04 - 6/13	6:00pm-7:00pm	M	\$67
4417.202	16yrs to Adult	4/04 - 6/13	7:15pm-8:15pm	M	\$67
4417.203	16yrs to Adult	4/06 - 6/08	4:00pm-5:00pm	W	\$67

Murdy Community Center Game Room Carmichael, Yvonne

4418.200	16yrs to Adult	3/30 - 5/18	10:30am-12:00pm	W	\$69
4418.201	16yrs to Adult	4/01 - 5/20	10:30am-12:00pm	F	\$69

Murdy Community Center Hall A Holden, Susan

4450.200	16yrs to Adult	4/05 - 6/07	5:30pm-6:45pm	Tu	\$67
4450.201	16yrs to Adult	4/08 - 5/20	4:00pm-5:00pm	F	\$48

YOGA: ON THE BEACH

Outdoor Hatha yoga class. A great way to start your weekend with deep breath and relaxing asanas. All levels welcome. Yoga is known for its calming and body beautifying effects. Class will be held at 1st Street and PCH, next to Lifeguard Headquarters. Please bring a yoga mat or towel.

Beach at 1st Street Stevenson, Sarah

4414.201	Adult	4/02 - 6/11	9:00am-10:00am	Sa	\$110
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YOGA: RODGERS SENIOR CENTER

Yoga unites mind and body to promote therapeutic health benefits. Practice may reduce blood pressure, stress, and regulates nervous system. Avoid eating 2 hours prior to class. Wear comfortable clothing and bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN, E-RYT-500.

Rodgers Senior Center Hall E Pavesic, Diane

4413.201	Adult	4/07 - 6/02	10:00am-11:00am	Th	\$68
4413.202	Adult	4/07 - 6/02	11:00am-12:00pm	Th	\$68



Parks & Recreation...

"Reduce Stress"

...The Benefits Are Endless

Older Adult Classes

CHAIR YOGA FOR SENIORS

Specifically designed for all levels and abilities to enjoy the therapeutic benefits of yoga done in a chair. Chair yoga may reduce pain and blood pressure, improve posture and sleep. Practices can be adapted safely for home, office, and travel. Avoid eating 2 hours before class. Dress comfortably and bring a blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, RN.

Rodgers Senior Center Hall D Pavesic, Diane

4817.201	50yrs +	4/04 - 5/23	10:00am-11:00am	M	\$60
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COMPUTERS: E-BAY FOR FUN AND PROFIT

This class is for 1st time E-bay users. Get a taste of what this enormous auction web site is all about. This informative session will show you how to bid, buy and sell your favorite items. A suggested donation of \$5 for materials is requested at the class. Prerequisite: Windows Skills course and internet experience.

Rodgers Senior Center Computer Lab Staff, Recreation

4809.201	50yrs +	4/09	9:00am-12:00pm	Sa	\$6
4809.202	50yrs +	6/11	9:00am-12:00pm	Sa	\$6

COMPUTERS: BEGINNING COURSE TO THE COMPUTER

Learn to properly turn a computer on and off; use a pointing device (mouse); correct typing mistakes; write, send, read, print, reply, forward and delete e-mail; surf the World Wide Web. A suggested donation of \$15 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4800.201	50yrs +	4/05 - 4/26	9:00am-11:30am	Tu	\$6
4800.202	50yrs +	5/03 - 5/24	9:00am-11:30am	Tu	\$6
4800.203	50yrs +	6/07 - 6/28	9:00am-11:30am	Tu	\$6

COMPUTERS: EXCEL BEGINNING

Learn how to use spreadsheets to logically present tabular information. This course will teach you how to: Manipulate spreadsheet cells, rows, columns, fonts; build spreadsheets; create formulas, graphs and drawings to spreadsheets. A suggested donation of \$15 is due at the first class. Prerequisite: Solid knowledge using a PC and Windows Skills. No class May 30.

Rodgers Senior Center Computer Lab Staff, Recreation

4803.201	50yrs +	5/09 - 6/06	9:00am-12:00pm	M	\$6
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COMPUTERS: GOOGLE GALORE

Learn the use of the powerful Google Search Engine and how to format key work groupings that will rapidly complete your search. Explore these and other tools: Google Earth, Maps, Directions, Word Processor, Spreadsheet, Language Translator, and more. A suggested donation of \$5 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4805.201	50yrs +	5/06 - 5/13	9:00am-12:00pm	F	\$6
4805.202	50yrs +	6/10 - 6/17	9:00am-12:00pm	F	\$6

COMPUTERS: KEEPING YOUR COMPUTER UP TO DATE

Help your computer live longer, perform better, avoid debilitating crashes and keep your programs current, safe and up to date. Protect your computer from viruses and Spyware that can steal your identity. A suggested donation of \$15 is due at the first class. Prerequisite: Windows Skills course.

Rodgers Senior Center Computer Lab Staff, Recreation

4804.201	50yrs +	4/11 - 5/02	9:00am-12:00pm	M	\$6
4804.202	50yrs +	6/13 - 6/27	9:00am-12:00pm	M	\$6

Older Adult Classes

COMPUTERS: MICROSOFT WINDOWS SKILLS

Learn detailed instruction on the Windows Operating System. The "Hands-On" coaching will introduce you to the many features of this powerful program. This class will allow you to maximize the usefulness of your computer. A suggested donation of \$15 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4801.201	50yrs +	4/07 - 4/28	9:00am-12:00pm	Th	\$6
4801.202	50yrs +	5/05 - 5/26	9:00am-12:00pm	Th	\$6
4801.203	50yrs +	6/02 - 6/23	9:00am-12:00pm	Th	\$6

COMPUTERS: MS WORD ESSENTIALS

Learn to create, save, retrieve, rename and delete documents. Learn text selection techniques, editing, cut/copy/paste, spell/grammar check and using Thesaurus. Learn to use important toolbars. A suggested donation of \$15 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4802.201	50yrs +	4/06 - 4/27	9:00am-12:00pm	W	\$6
4802.202	50yrs +	5/04 - 5/25	9:00am-12:00pm	W	\$6
4802.203	50yrs +	6/01 - 6/22	9:00am-12:00pm	W	\$6

COMPUTERS: ORGANIZE YOUR COMPUTER ONCE & FOR ALL

Master the Windows filing system, clean up your hard drive, clean up and organize your desktop. A suggested donation of \$5 is due at the first class. Prerequisite: Windows Skills course, familiarity with the Windows environment and some experience using the Internet.

Rodgers Senior Center Computer Lab Staff, Recreation

4807.201	50yrs +	4/01 - 4/08	1:00pm-4:00pm	F	\$6
4807.202	50yrs +	5/12 - 5/19	1:00pm-4:00pm	Th	\$6
4807.203	50yrs +	6/09 - 6/16	1:00pm-4:00pm	Th	\$6

COMPUTERS: PICASA PHOTO ORGANIZING & MORE

Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share pictures via web albums, CDs, emails, print and much more. A suggested donation of \$10 is due at the first class.

Rodgers Senior Center Computer Lab Staff, Recreation

4806.201	50yrs +	4/15 - 4/29	9:00am-12:00pm	F	\$6
4806.202	50yrs +	5/20 - 6/03	9:00am-12:00pm	F	\$6



Sports Programs



YOUTH SPORTS

The City of Huntington Beach Youth Sports Program stresses the importance of teaching young people not only the rules and strategies of games but important lessons about life as well. Positive youth sports programs help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Coaches, spectators, families and participants are encouraged to be mindful that these programs are designed to develop the whole person, not just the athlete, and that sportsmanship is a required element of the City of Huntington Beach Youth Sports program.

PEE WEE SOCCER

3yrs to 5yrs

4/12-5/21

This six-week, non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

7725.200	Sports Complex	4:00pm-4:50pm	Tu	\$55
7725.201	Sports Complex	5:00pm-5:50pm	Tu	\$55
7725.202	Sports Complex	6:00pm-6:50pm	Tu	\$55
7725.203	Sports Complex	4:00pm-4:50pm	Th	\$55
7725.204	Sports Complex	5:00pm-5:50pm	Th	\$55
7725.205	Sports Complex	6:00pm-6:50pm	Th	\$55
7725.206	Sports Complex	9:00am-9:50am	Sa	\$55
7725.207	Sports Complex	10:00am-10:50am	Sa	\$55

JUNIOR SOCCER

6yrs to 8yrs

4/12-5/21

This six-week, non-competition introduction to soccer is a great way to start boys and girls off with a positive and fun learning experience in youth sports. Boys and girls will be introduced to the fundamentals of soccer through game based drills, hands on instruction and scrimmages. Program will take place under the lights at the central park sports complex on the artificial turf soccer fields! Each participant will receive a team shirt and all soccer equipment will be made available.

7726.201	Sports Complex	6:00pm-6:50pm	Tu	\$50
7726.202	Sports Complex	6:00pm-6:50pm	Th	\$50

SHOOTING STARS SOCCER

11yrs to 21yrs

4/16-5/21

Shooting Stars Soccer is an instruction/fun based soccer program for boys and girls with special needs between the ages of 11-21. Soccer equipment and protective gear will be made available for all program participants. Shooting Stars Soccer will be held at the Central Park Sports Complex on the artificial turf soccer fields.

7727.200	Sports Complex	11:00am-11:50am	Sa	\$50
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